

WHAT IS CLAIMED IS:

1. A pillow comprising:

5 a memory member of a hollow construction and made of an artificial sponge having a memory;

an adjustment member of a hollow construction and formed of at least one air duct, a plurality of air sacs in communication with said air duct, an inflation valve connected to said air duct, and a valve plug engaged with said inflation
10 valve whereby said adjustment member is fitted into a hollow interior of said memory member; and

a support member fitted into a hollow interior of said adjustment member.

2. The pillow as defined in claim 1, wherein said
15 memory member is provided at one end with a zipper.

3. The pillow as defined in claim 1, wherein said support member is made of an artificial sponge.

4. A pillow comprising:

20 a memory member of a hollow construction and made of an artificial sponge having a memory;

a support member of a hollow construction and fitted into a hollow interior of said memory member; and

an adjustment member formed of an air sac located in an interior thereof, an inflation valve connected to said air sac,
25 and a valve plug engaged with said inflation valve whereby said

adjustment member is fitted into a hollow interior of said support member.

5 5. The pillow as defined in claim 4, wherein said memory member is provided at one end with a zipper.

6. The pillow as defined in claim 4, wherein said support member is made of an artificial sponge.

10

15

20

25